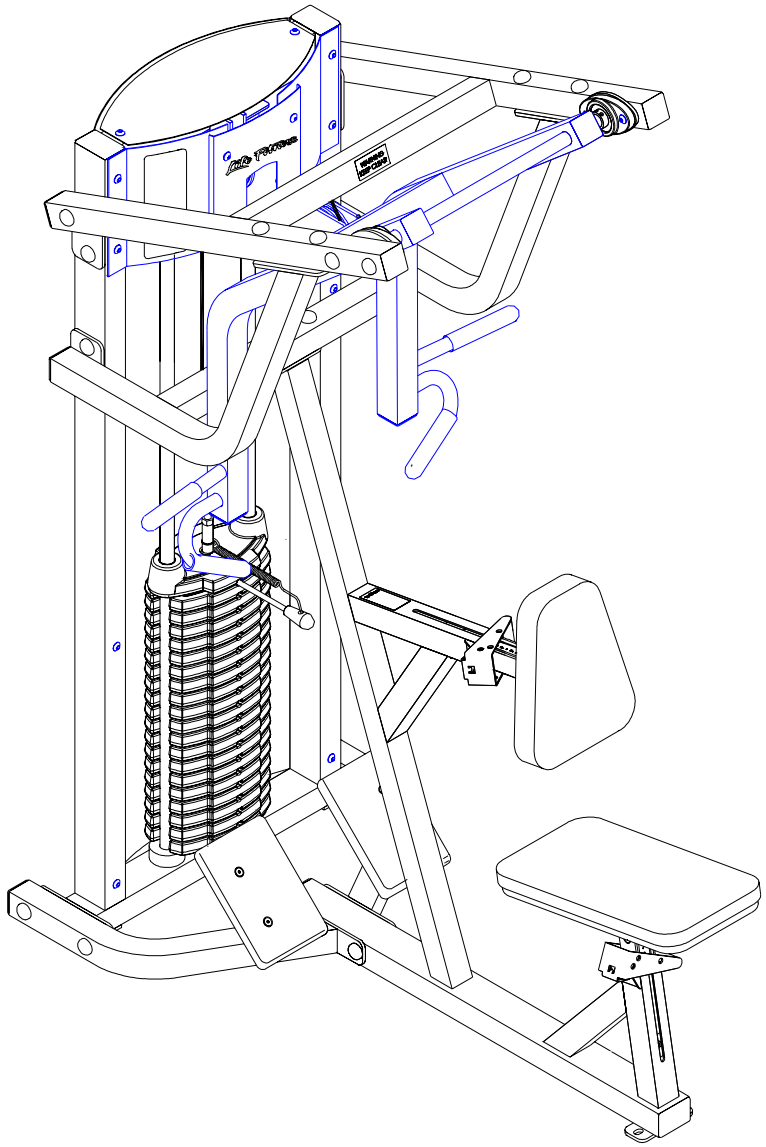
LifeFitness

CLUB SERIES SEATED ROW



ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	70180xx	TOWER	1
1A	7024201	CABLE	1
1B	6692601	END CAP 3 X 2	2
1C	6866601	CAP, RH-20 BLK	2
1D	3102933	3/8-16 X 2 BOLT	1
1E	3102514	3/8 FLAT WASHER	2
1F	3222801	4.5" PULLEY	1
1G	6866701	3/8 RH WASHER	2
1H	3102807	3/8-16 NYLOCK NUT LOW HT	1
1I	6714901	GUIDE ROD BUSHING	2
2	70251xx	ASSY, MAIN UPRIGHT	1
2A	6967402	ASSY, SEAT ADJ BLK	1
2B	6897001	ADJ PLATE 15 POS	1
2C	6897101	ADJ PLATE	1
2D	3234301	5/16-18 X .5 SCREW	4
2E	6912202	HINGE BLK	2
2F	7025002	ASSY, SEAT ADJ BLK	1
2G	6897101	ADJ PLATE	1
2H	6897001	ADJ PLATE 15 POS	1
2I	3234301	5/16-18 X .5 SCREW	4
2J	3102416	2 X 1 END CAP	2
3	70189xx	RIGHT TOWER SUPPORT	1
3A	7024101	COATED FOOT BOARD	2
3B	3108402	6/8-16 X 1.5 BOLT	4
3C	6866601	CAP, RH-20 BLK	4
4	70190xx	LEFT TOWER SUPPORT	1
5	70246xx	ASSY, BOOM SUPPORT	1
6	70247xx	ASSY, TOP BOOM	1
7	70254xx	ASSY, PIVOT ARM	1
7A	6912001	RUBBER GRIP	4
7B	3222801	4.5" PULLEY	1
7C	6405201	2 SQ END CAP	4
8	69010xx	GUIDE ROD SUPPORT	1
9	6923602	HEAD PLATE	1
10	3102901	3/8 X 1-1/4" BOLT	2

KEY	PART #	DESCRIPTION	QTY
11	3102933	3/8 X 2" BOLT	4
12	6957001	WEIGHT STACK LABEL	1
13	3102903	3/8 X 2-1/2" BOLT	2
14	3102922	3/8 X 2-3/4" BOLT	16
15	3102906	3/8 X 4" BOLT	2
16	3102940	3/8 X 5" BOLT	2
17	3202407	3/8 X 3-1/4" BUTTON HEAD BOLT	4
18	3102807	3/8" LOW HEIGHT LOCK NUT	28
19	3102514	3/8" SAE WASHER	48
20	6866701	3/8" RH WASHER	56
21	3203501	PILLOW BLOCK	2
22	3116001	1-1/4" SQ. RUBBER BUMPER	2
23	6913801	WEIGHT STACK SELECTOR PIN	1
24	3108001	WEIGHT STACK CUSHION	2
25	6866601	BLACK RH CAP	4
26	69131xx	CHEST PAD	1
27	68775xx	SEAT PAD	1
28	3222001	1" SHAFT COLLAR	2
29	6714901	GUIDE ROD BUSHING	2
30	6996001	PLACARD LABEL	1
31	6995801	LANGUAGE PLACARD LABEL	1
32	6887202	10 LB. WEIGHT PLATE (STD)	20
33	6888402	15 LB. WEIGHT PLATE (OPT)	10
34	6927001	GUIDE ROD	2
35	3230701	STARLOCK WASHER	4
36	6866602	WHITE RH CAPS	50
OR	6866603	PLATINUM RH CAPS	50
37	6861902	TOP COVER SHROUD BLK	1
38	6862102	FRONT SIDE SHROUDS BLK	2
39	7024407	FRONT PLATINUM SHROUD	1
40	6925202	ASSY, FULL BACK SHROUD	1
OPTION*	7052602	ASSY, FULL FRONT SHROUD	1

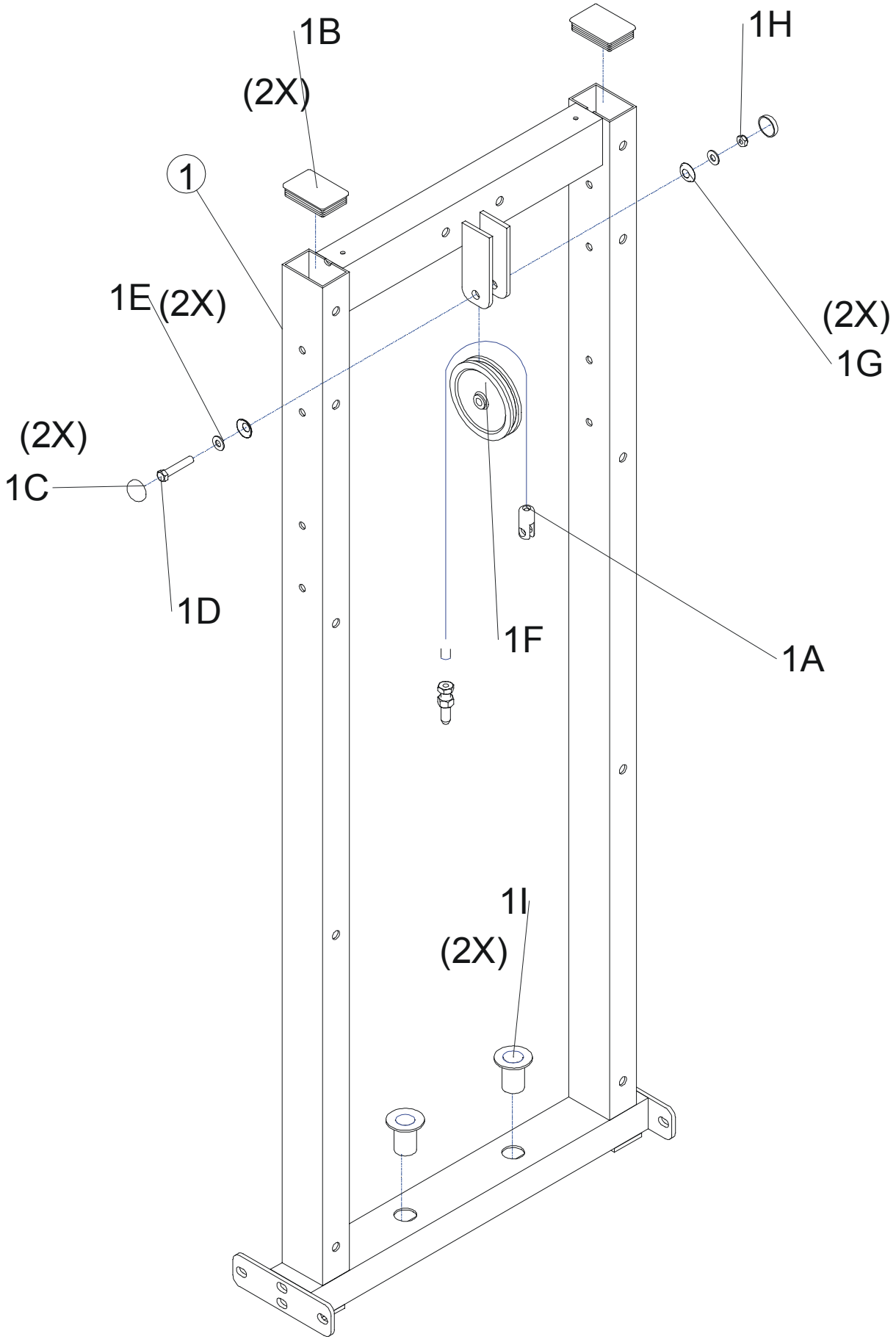
***For all 5 digit part numbers you need to add the color at the end.**
For shrouds and weldments please use the following codes:

xxxxx07 Denotes Platinum
xxxxx08 Denotes White

****Language placard kit comes with Dutch, French, German, Poruguese, Spanish, Japaneese, and Italian.**

***For upholstery, please use the following codes:**

#02 ROYAL BLUE
#03 SLATE
#04 CRANBERRY
#05 NORTHWOODS
#06 SPACE BLUE
#07 AMERICAN BEAUTY RED
#08 SUEDE
#12 BLACK
#13 HUNTER GREEN
#14 REGIMENTAL BLUE
#15 GINGERSNAP
#16 CONCORD
#17 URQUOISE
#18 RASPBERRY
#19 CROCUS


1B
(2X)
1H
1
1E
(2X)
(2X)
1G
(2X)
1C
1D
1F
1A
1I
(2X)

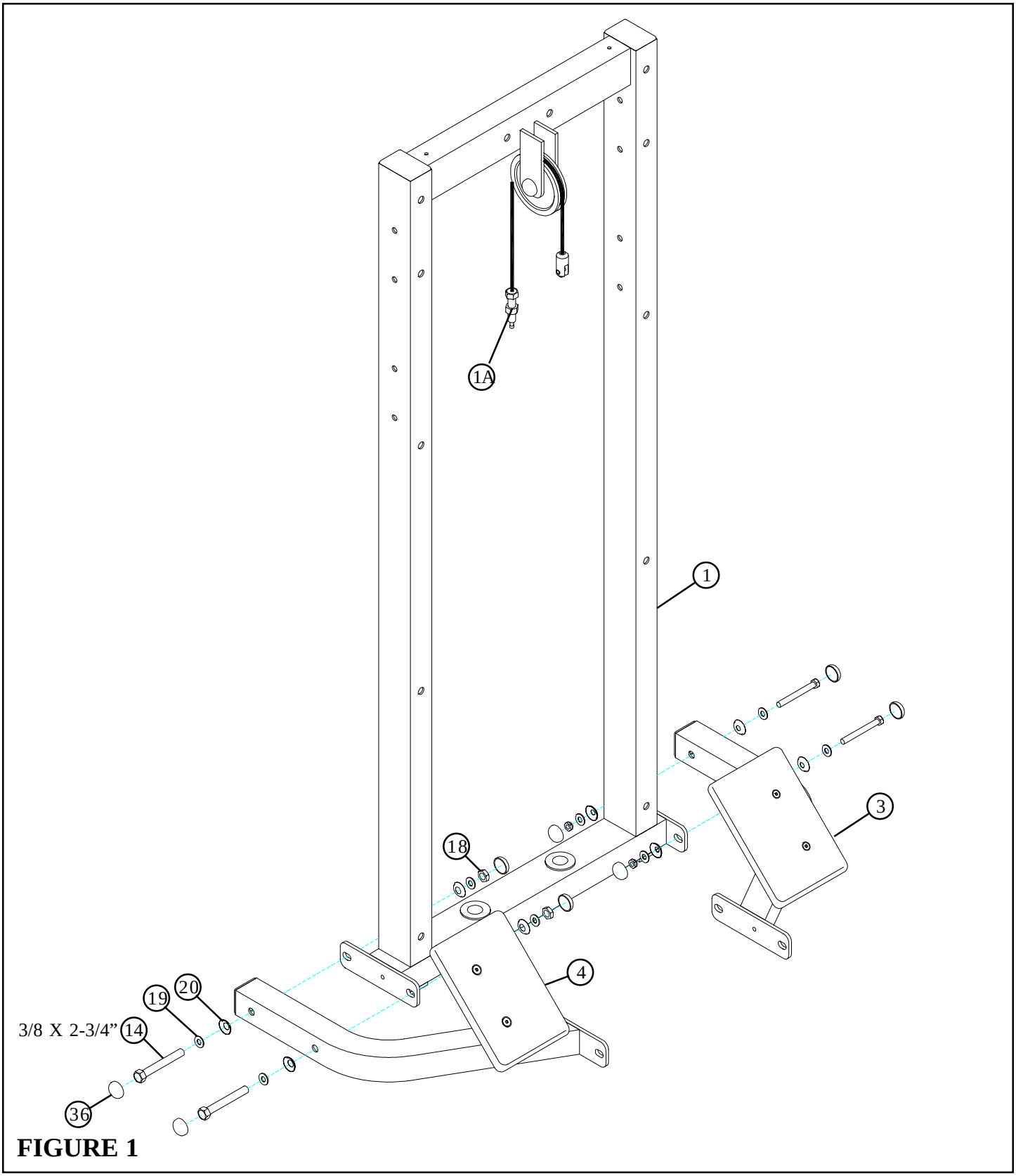
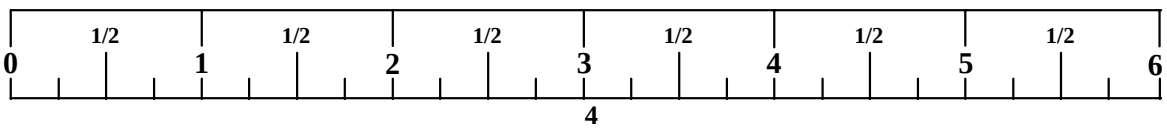
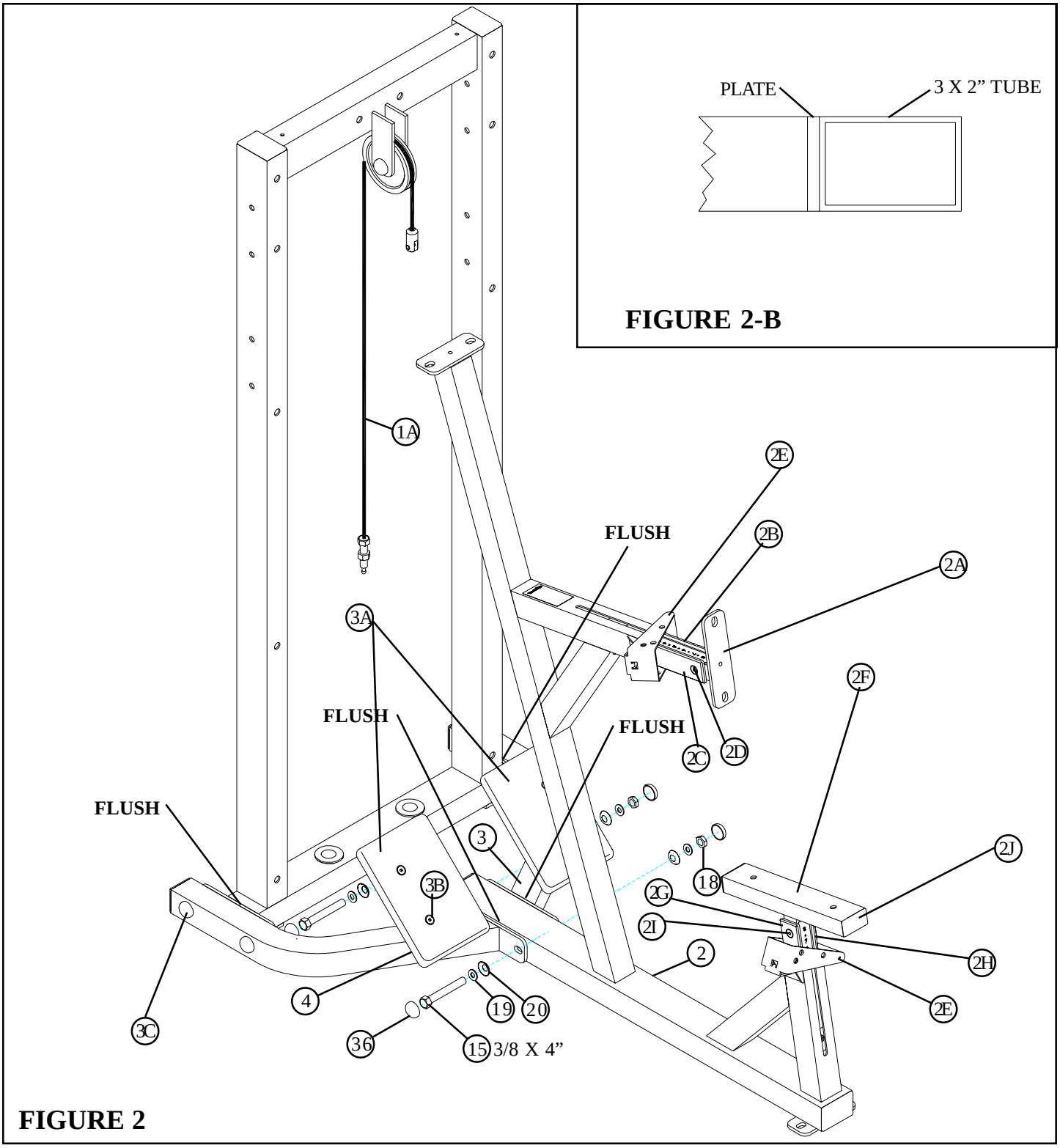


FIGURE 1

STEP 1:

- **LOOSELY** assemble the RIGHT and LEFT TOWER SUPPORT (3 & 4) to the TOWER (1) using eight RH CAPS (36), four 3/8 X 2-3/4" BOLTS (14), eight 3/8" SAE WASHERS (19), eight 3/8" RH WASHERS (20) and four 3/8" LOW HEIGHT LOCK NUTS (18) as shown in FIGURE 1.

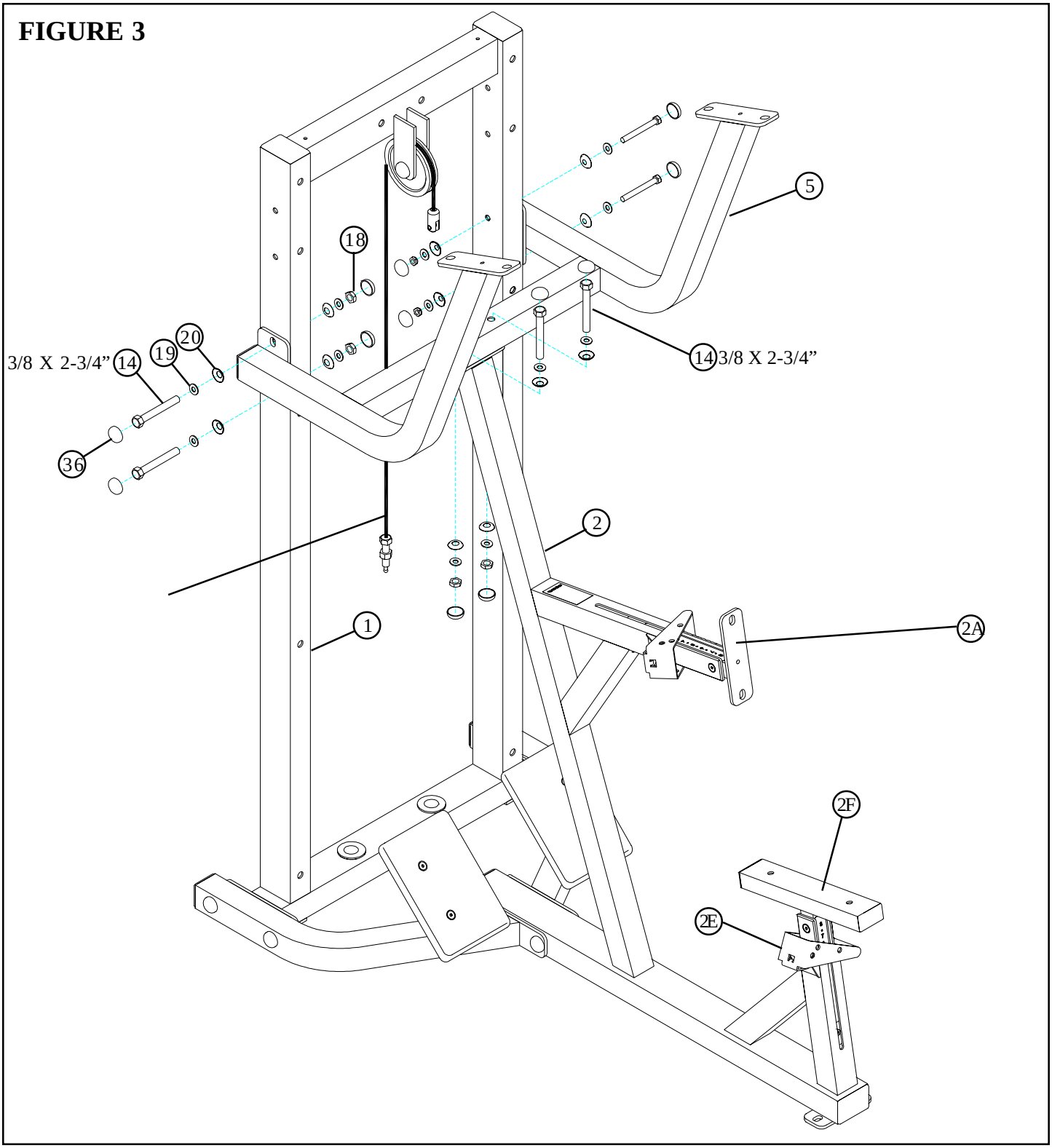




STEP 2:

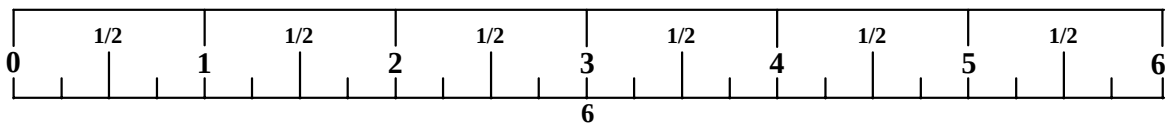
- **LOOSELY** assemble the MAIN UPRIGHT (2) between the RIGHT and LEFT TOWER SUPPORT (3 & 4) using four RH CAPS (36), two 3/8 X 4” BOLTS (15), four 3/8” SAE WASHERS (19), four 3/8” RH WASHERS (20) and two 3/8” LOW HEIGHT LOCK NUTS (18) as shown in FIGURE 2.
- Proceed to tighten up the last two connections made, using the following steps:
  - Shim up the RIGHT and LEFT TOWER SUPPORTS (3&4) so that they are flush with the PLATES on the TOWER (1) then **SECURELY TIGHTEN. SEE FIGURE 2-B**
  - Shim up the MAIN UPIRIGHT (2) so that it is flush with the PLATES of the RIGHT and LEFT TOWER SUPPORTS (3&4) then **SECURELY TIGHTEN. SEE FIGURE 2-B**

FIGURE 3



STEP 3:

- **LOOSELY** assemble the BOOM SUPPORT (5) to the TOWER (1) using eight RH CAPS (36), four 3/8 X 2-3/4” BOLTS (14), eight 3/8” SAE WASHERS (19), eight 3/8” RH WASHERS (20) and four 3/8” LOW HEIGHT LOCK NUTS (18) as shown in FIGURE 3.
- **LOOSELY** assemble the BOOM SUPPORT (5) to the MAIN UPRIGHT (2) using four RH CAPS (36), two 3/8 X 2-3/4” BOLTS (14), four 3/8” SAE WASHERS (19), four 3/8” RH WASHERS (20) and two 3/8” LOW HEIGHT LOCK NUTS (18) as shown in FIGURE 3.



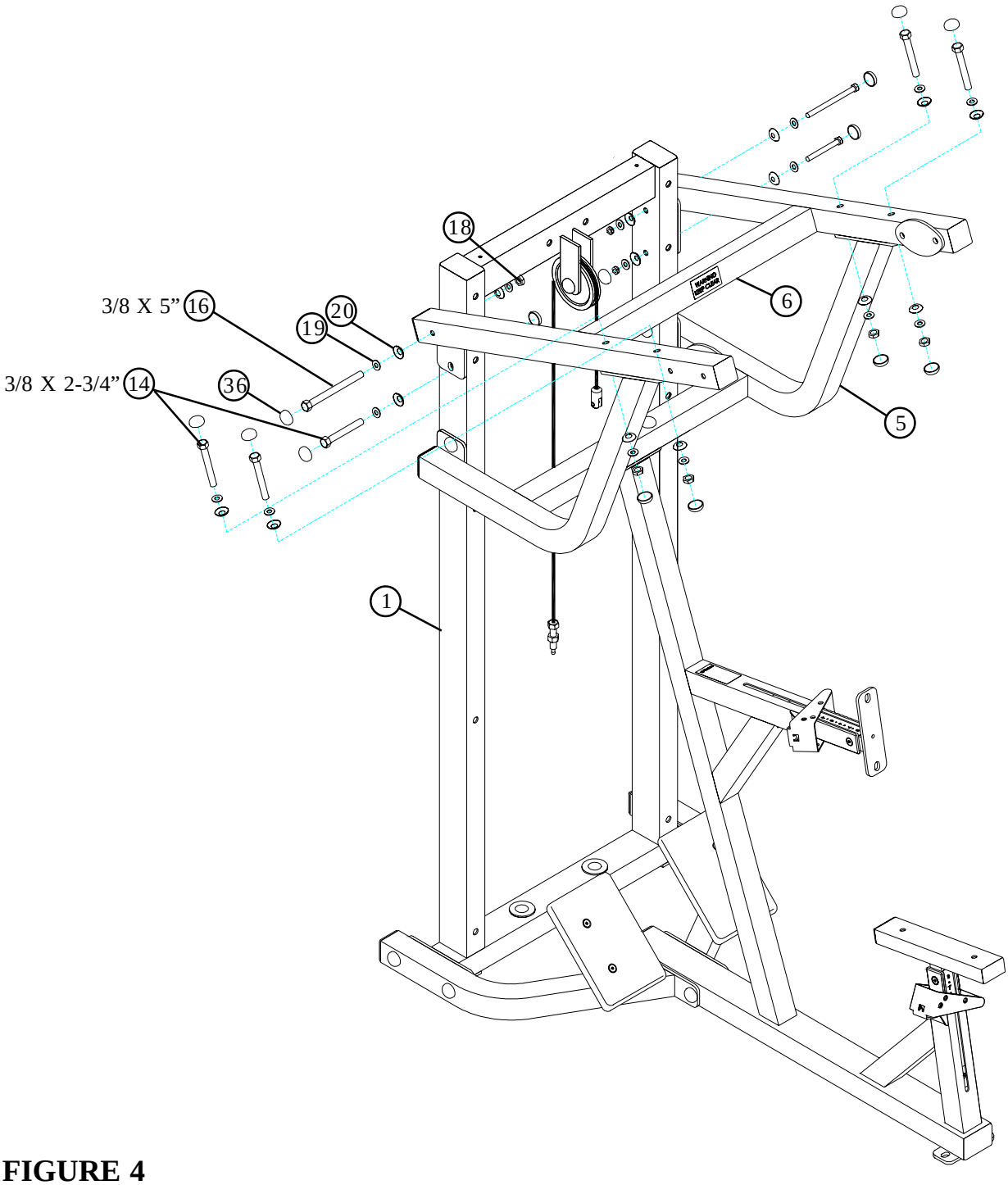


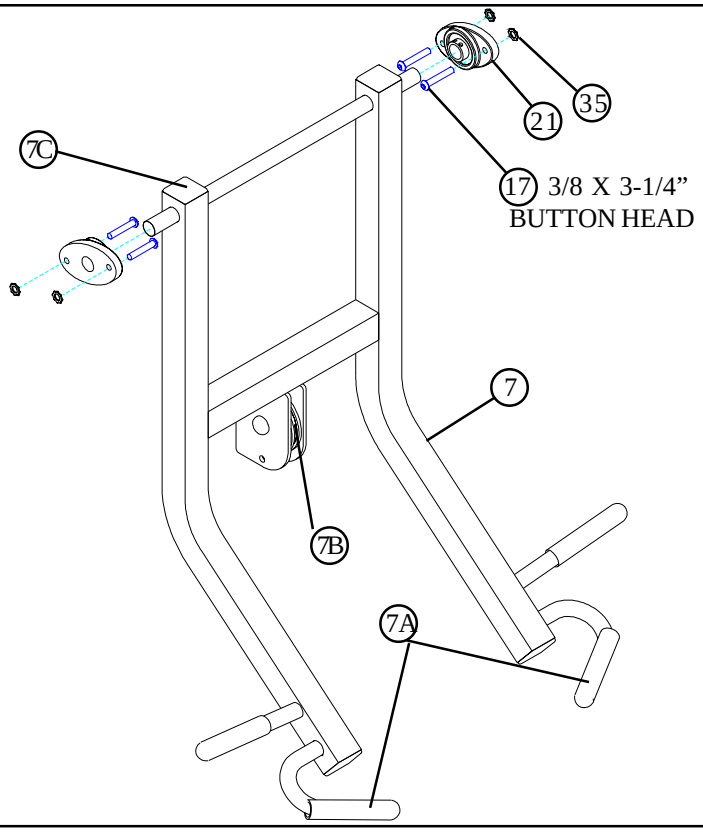
FIGURE 4

STEP 4:

- **LOOSELY** assemble the TOP BOOM (6) to the TOWER (1) using six RH CAPS (36), two 3/8 X 5” BOLTS (16), two 3/8 X 2-3/4” BOLTS (14), eight 3/8” SAE WASHERS (19), eight 3/8” RH WASHERS (20) and four 3/8” LOW HEIGHT LOCK NUTS (18) as shown in FIGURE 4.
- **LOOSELY** assemble the TOP BOOM (6) to the BOOM SUPPORT (5) using eight RH CAPS (36), four 3/8 X 2-3/4” BOLTS (14), eight 3/8” SAE WASHERS (19), eight 3/8” RH WASHERS (20) and four 3/8” LOW HEIGHT LOCK NUTS (18) as shown in FIGURE 4.

- **Securely tighten all loose frame connections made to this point, then proceed to snap RH CAPS (36) over the RH WASHERS (20) on all tightened connections.**

FIGURE 5



STEP 5:

- Slide two PILLOW BLOCKS (21) over the shafts on the PIVOT ARM (7) as shown in FIGURE 5.
- Assemble four 3/8 X 3-1/4" BUTTON HEAD CAP SCREWS (17) and four STARLOCK WASHERS (35) to the the PILLOW BLOCKS (21) as shown in FIGURE 5.

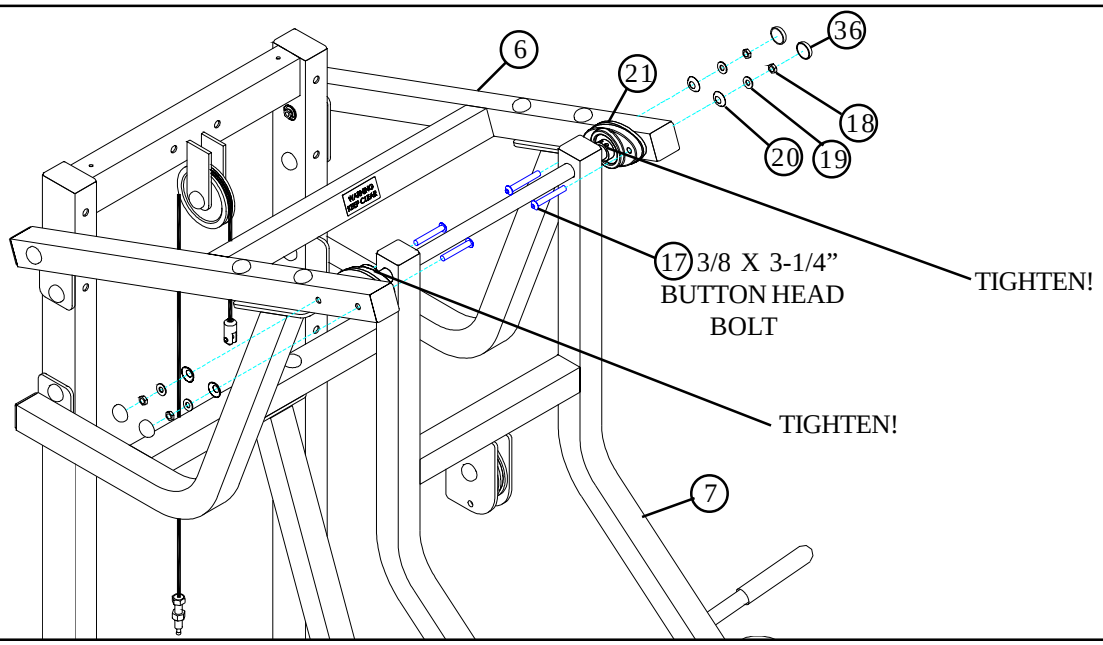
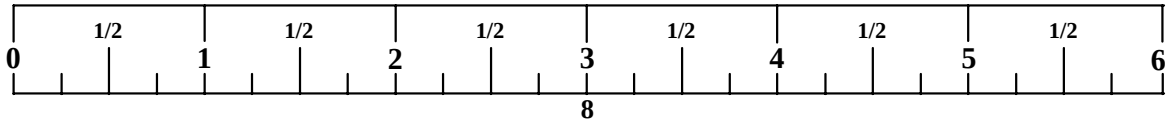


FIGURE 6

STEP 6:

- **SECURELY** assemble the PILLOW BLOCKS (21) to the TOP BOOM (6) using four 3/8 X 3-1/4" BUTTON HEAD CAP SCREWS (17), four 3/8" SAE WASHERS (19), four RH WASHERS (20), four 3/8" LOW HEIGHT LOCK NUTS (18) and four RH CAPS (36) as shown in FIGURE 6
- **IMPORTANT!** When PIVOT ARM (7) is centered and level in the PILLOW BLOCKS (21), tighten the PILLOW BLOCK set screws.



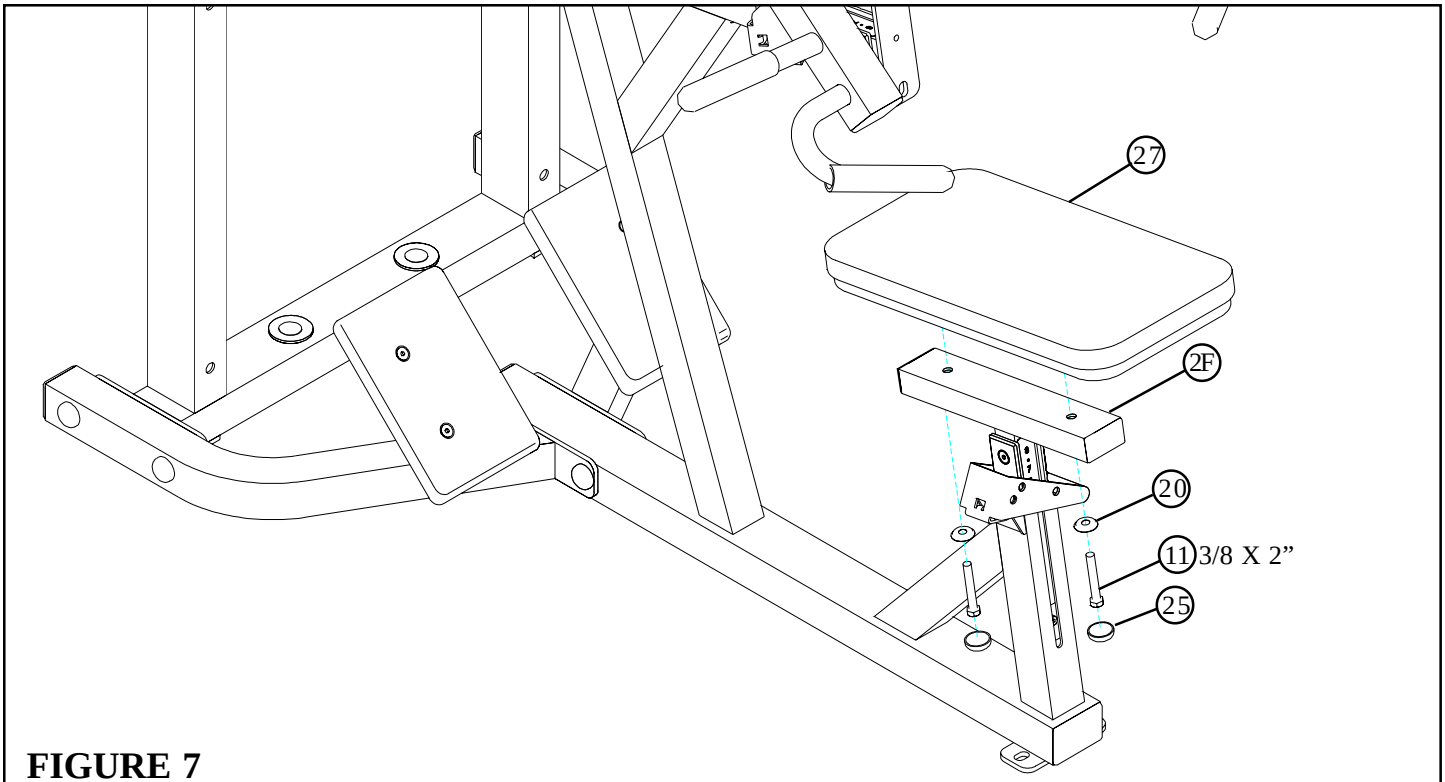


FIGURE 7

STEP 7:

- **SECURELY** assemble the SEAT PAD (27) to the SEAT ADJUST (2F) using two BLACK RH CAPS (25), two 3/8 X 2” BOLTS (11) and two 3/8” RH WASHERS (20) as shown in FIGURE 7.

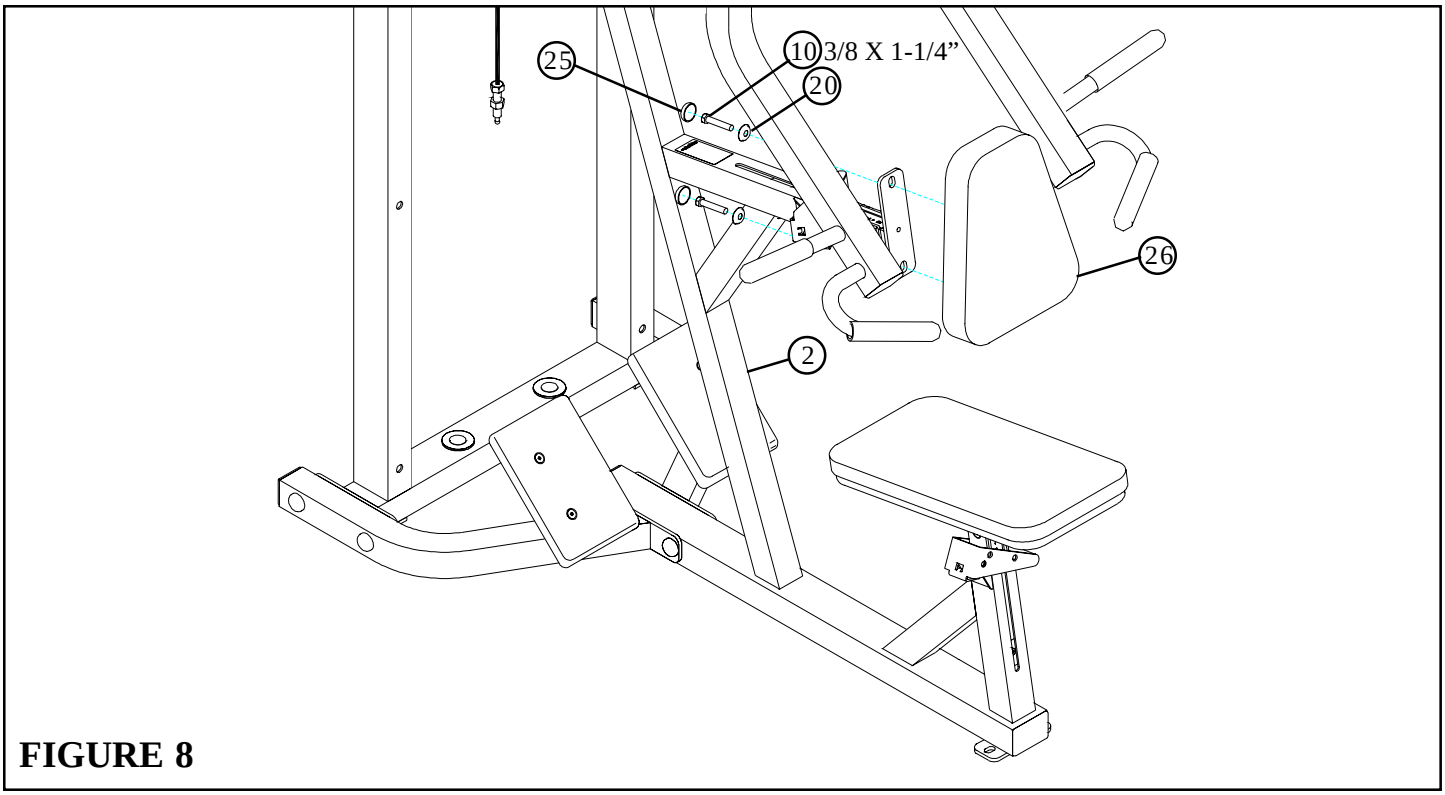
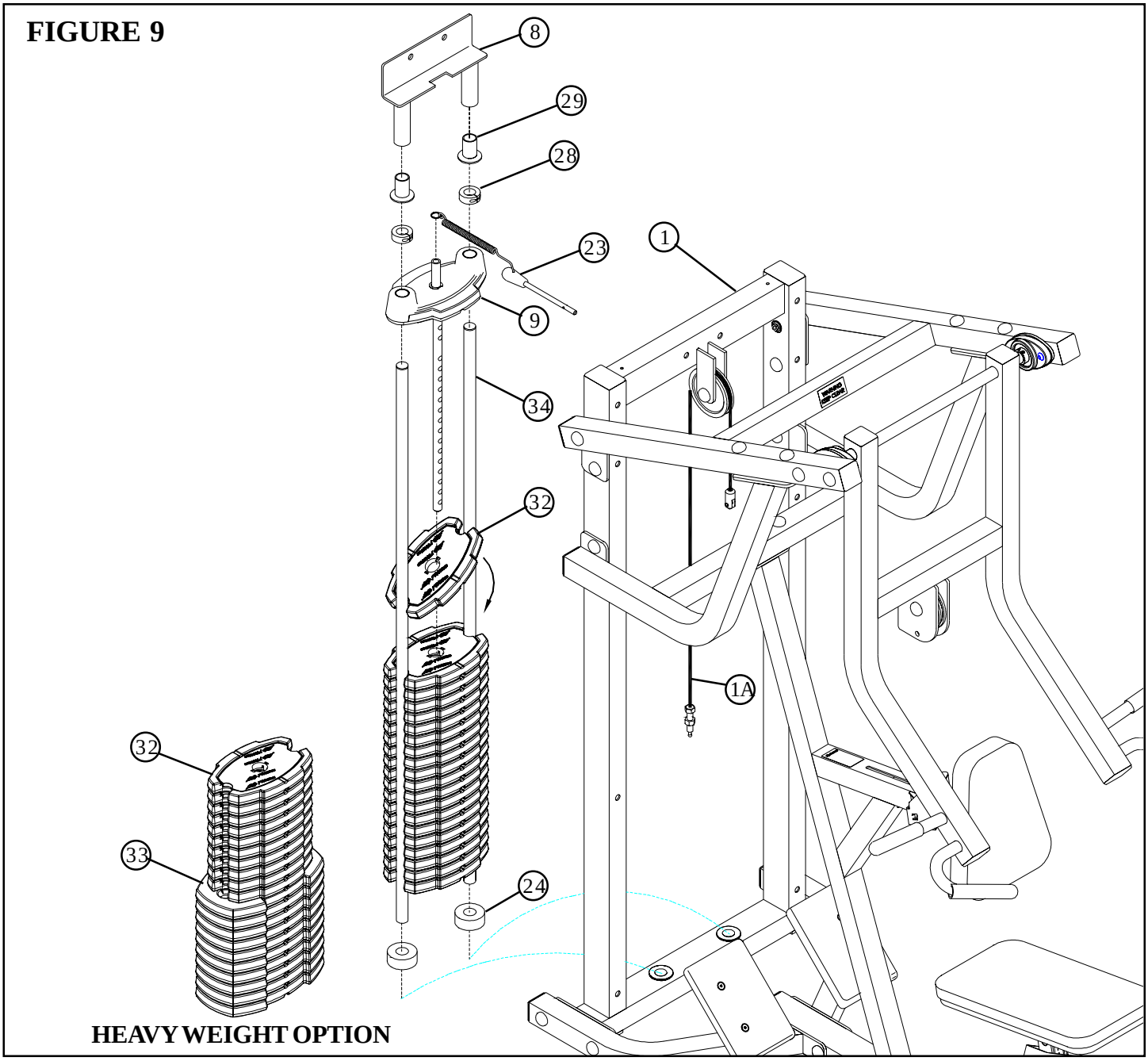


FIGURE 8

STEP 8:

- **SECURELY** assemble the CHEST PAD (26) to the SEAT ADJUST (2A) using two BLACK RH CAPS (25), two 3/8 X 1-1/4” BOLTS (10) and two 3/8” RH WASHERS (20) as shown in FIGURE 8.

FIGURE 9



HEAVY WEIGHT OPTION

STEP 9:

- Insert the two GUIDE RODS (34) (found in SHROUD KIT box) into the base of the TOWER (1) as shown in FIGURE 9. Lubricate the GUIDE RODS (34) with a silicone or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (24) down over the GUIDE RODS (34). See FIGURE 9.
- Using **EXTREME CARE** place twenty 10 LB. WEIGHT PLATES (32) over the GUIDE RODS (34) as shown in FIGURE 9. **(NOTE: If HEAVY WEIGHT OPTION is being used, slide ten 15LB. WEIGHT PLATES (33) over the GUIDE RODS (34) first, then slide ten 10 LB. WEIGHT PLATES (32) over the GUIDE RODS.)**
- Carefully Slide the HEAD PLATE (9) down over the GUIDE RODS (34) onto the weight stack as shown in FIGURE 9.
- Slide one WEIGHT STACK SELECTOR PIN (23) over the shaft on the HEAD PLATE (9) as shown in FIGURE 9.
- Slide two 1" SHAFT COLLARS (28) over each GUIDE ROD (34) as shown in FIGURE 9.
- Slide two GUIDE ROD BUSHINGS (29) over each GUIDE ROD (34).
- Place the GUIDE ROD SUPPORT (8) over the GUIDE RODS (34) as shown in FIGURE 9.

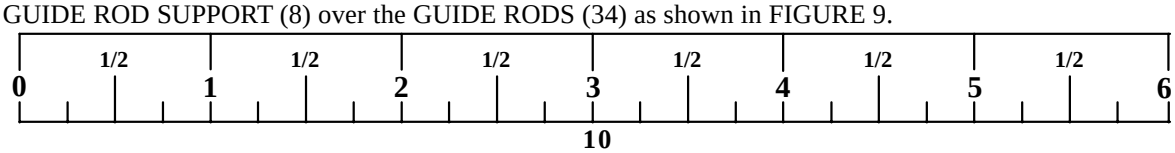
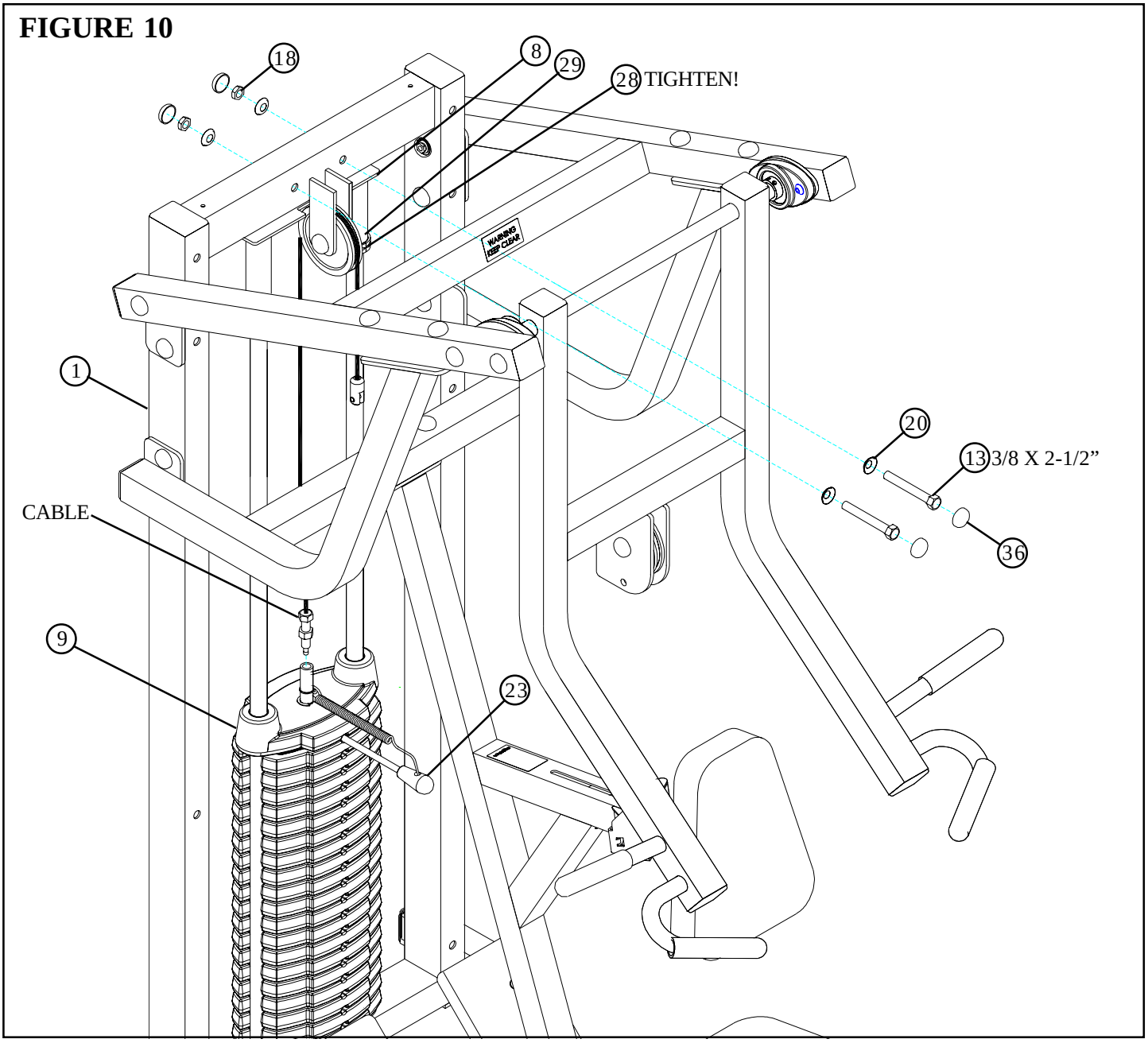


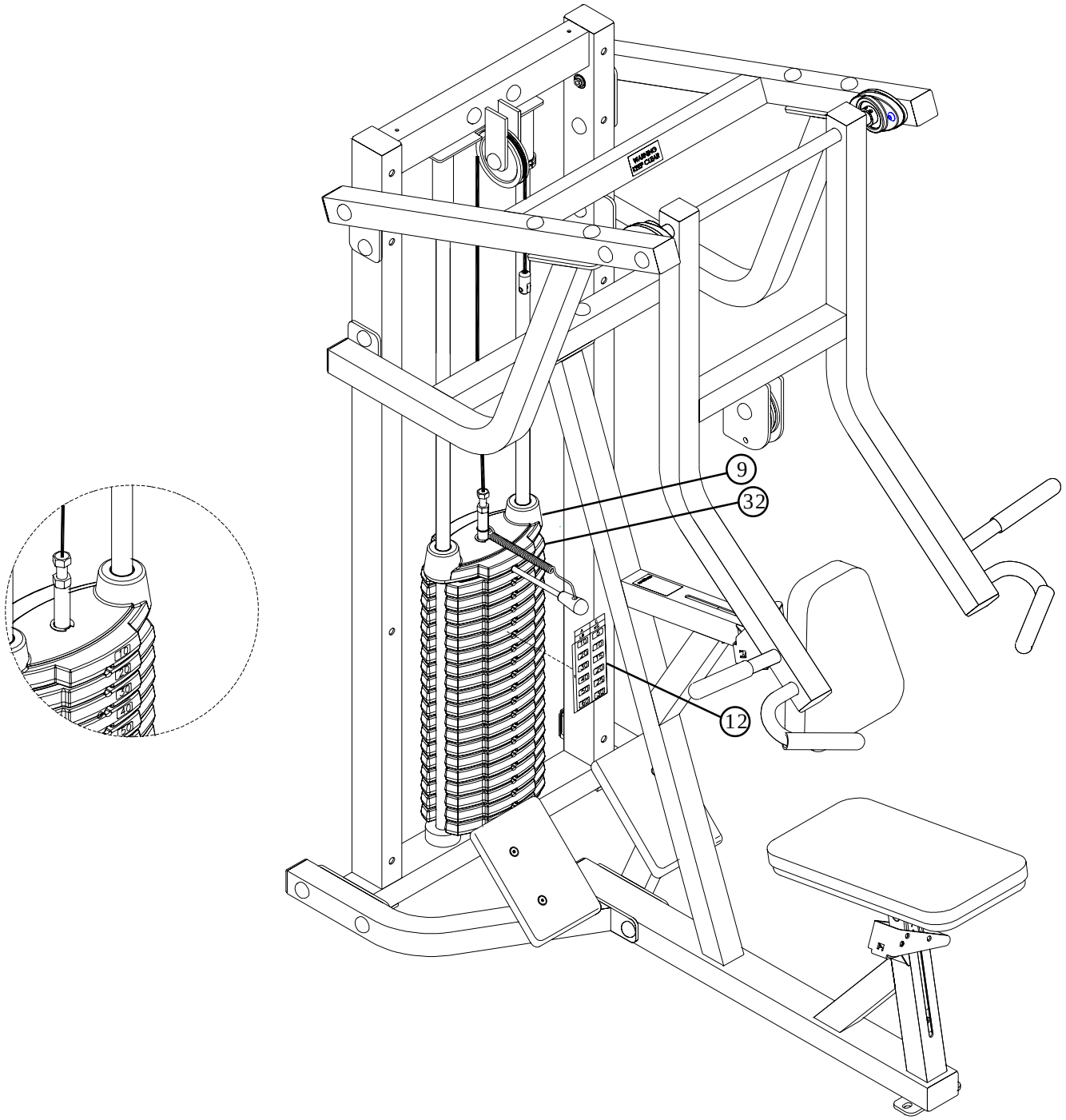
FIGURE 10



STEP 10:

- **SECURELY** assemble the GUIDE ROD SUPPORT (8) to the TOWER (1) using four RH CAPS (36), two 3/8 X 2-1/2” BOLTS (13), four 3/8” RH WASHERS (20) and two 3/8” LOW HEIGHT LOCK NUTS (18) as shown in FIGURE 10.
- Slide GUIDE ROD BUSHINGS (29) into the tubes on the GUIDE ROD SUPPORT (8), slide 1” SHAFT COLLARS (28) underneath the GUIDE ROD BUSHINGS (29) and **SECURELY** tighten the set screws.
- Insert the WEIGHT STACK PIN (23) into the WEIGHT STACK as shown in FIGURE 10.
- Screw the threaded end of the CABLE **ALL THE WAY** into the end of the shaft on the HEAD PLATE (9) and tighten jam nut securely. See FIGURE 10.

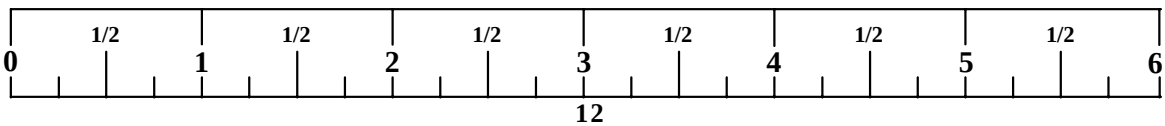
FIGURE 11



ST``````

• The WEIGHT STACK LABEL sheet (12) includes labels for both lbs. and kgs. for both the standard and optional weight stacks.

• Peel the backing off the WEIGHT STACK LABELS (12), line up sheet to the right of the selector opening and apply labels to the WEIGHT PLATES (32), starting with the HEAD PLATE (9) as shown in FIGURE 11.



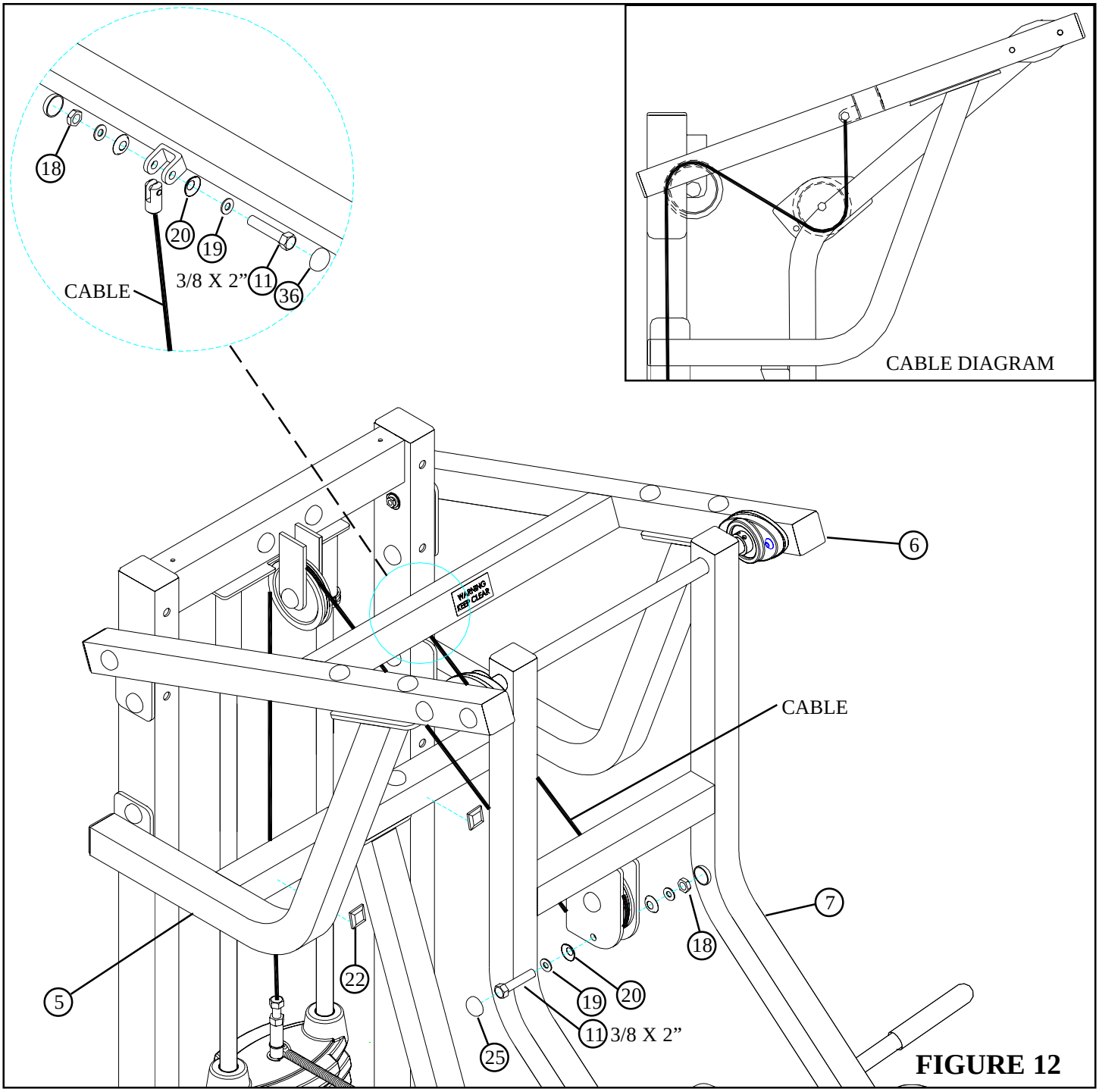


FIGURE 12

STEP 12:

- **NOTE: If this machine will be assembled with the FULL FRONT SHROUD, please refer to the SHROUD ASSEMBLY instructions now. The FULL FRONT SHROUD must be assembled before the CABLE can be routed.)**
- Attach two 1-1/4” SQ. RUBBER BUMPERS (22) to the BOOM SUPPORT (5) where the PIVOT ARM (7) makes contact .
- Carefully route the CABLE around the pulleys as shown in the CABLE DIAGRAM. Make sure the CABLE is in the grooves of all the pulleys.
- Swivel PIVOT ARM (7) back against the BOOM SUPPORT (5) and assemble the swivel end of the CABLE to the TOP BOOM (6) using one 3/8 X 2” BOLT (11), two 3/8” SAE WASHERS (19), two RH WASHERS (20), one 3/8” LOW HEIGHT LOCK NUT (18) and two RH CAPS (25) as shown in FIGURE 12. **(NOTE: Allow CABLE swivel end to rotate.)**
- **SECURELY** assemble one 3/8 X 2” BOLT (11), two RH CAPS (36), two 3/8” RH WASHERS (20), two 3/8” SAE WASHERS (19) and one 3/8” LOW HEIGHT LOCK NUT (18) to the PIVOT ARM (7) as shown in FIGURE 12. **(NOTE: Make sure CABLE runs under the retaining bolt.)**

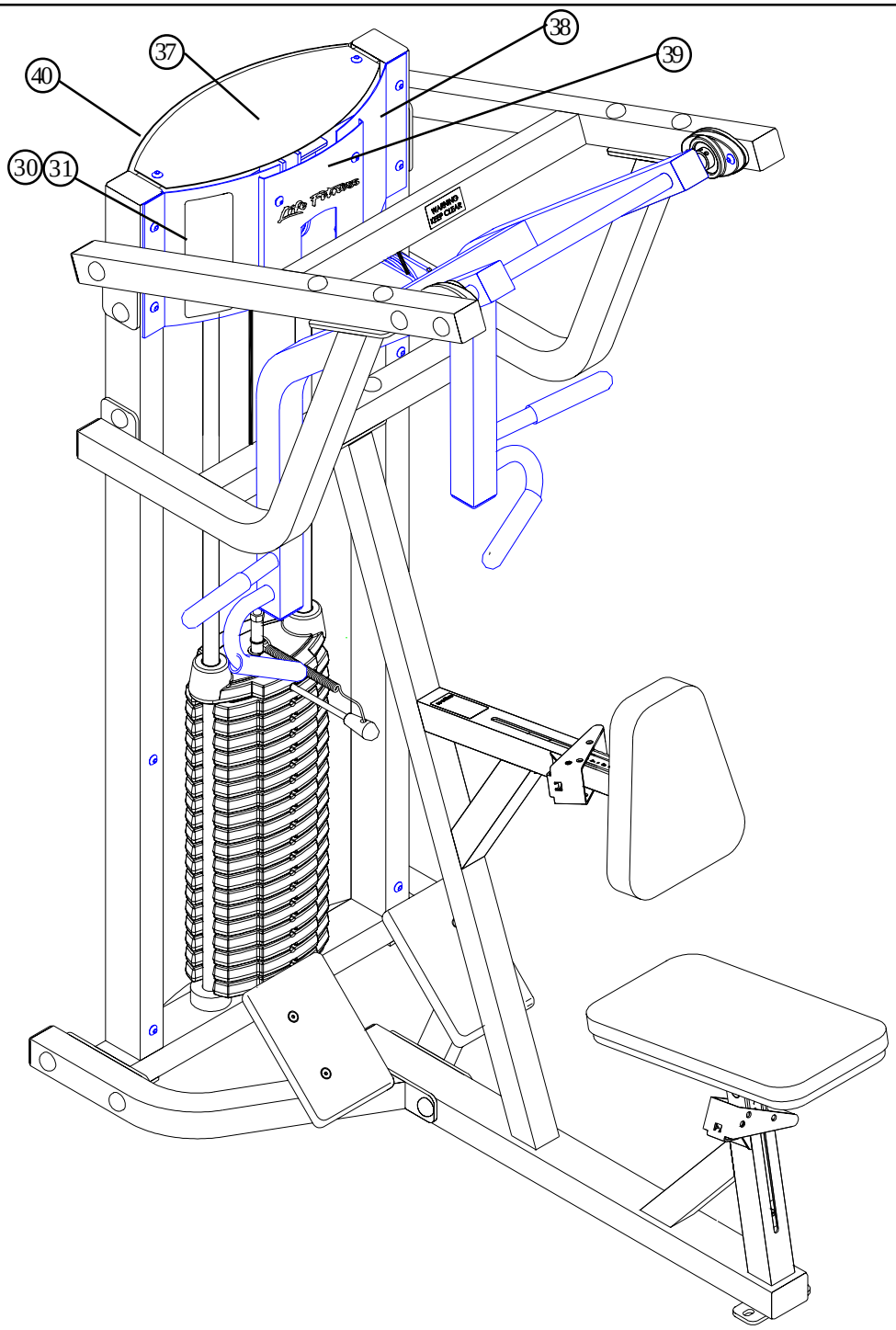


FIGURE 13

STEP 13:

- **REFER TO SHROUD KIT ASSEMBLY INSTRUCTIONS.**
- Assemble the PLACARD LABEL (30) or the FOREIGN LANGUAGE PLACARD LABEL (31) to the FRONT SHROUD as shown in FIGURE 13.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint purchased from your LifeFitness customer service representative at (800)351-3737

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES SEATED ROW. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737